

## **Amendments to the Claims**

Claims 1-18. (Cancelled)

Claim 19. (Previously Presented) A method of treating extreme physical stress in a human comprising the steps of treating a human, exercised to near physical functional capacity and who is experiencing extreme physical stress as evidenced by raised serum prolactin levels in the human, consuming by the human of at least 50 mg of L-theanine, and then resting the human for a period of 30 minutes, during which time the peripheral controls of the human including the raised serum prolactin levels are reduced and are increasingly coupled to the human central nervous controls including neurotransmitters, dopamine, epinephrine, norepinephrine and serotonin, which are substantially unaffected, thereby accelerating recovery of the human from extreme physical stress to complete regeneration.

Claim 20. (Withdrawn) A method for accelerating recovery of humans experiencing extreme physical stress to near functional capacity comprising feeding a human experiencing extreme physical stress near physical functional capacity from about 50mg to about 200 mg of L-theanine mixed in a foodstuff or drink, and then, following consumption of the mixed foodstuff or drink, resting the human, for a period of 30 minutes to obtain complete regeneration of the human to an unstressed physical condition.

Claim 21. (Withdrawn) A method according to claim 20, further comprising feeding the human a drink, containing the about 50 to about 200 mg of L-theanine, diluted to six-hundred milligrams per liter.

Claim 22. (Previously Presented) A method according to claim 19, wherein the L-theanine is selected from the group consisting of  $\gamma$ -ethylamino-L-glutamine, natural L-theanine, and a mixture thereof.

Claim 23. (Previously Presented) A method according to claim 22 wherein the L-theanine is enzymatically recovered.

Claim 24. (Withdrawn) A method according to claim 20, wherein the L-theanine is selected from the group consisting of  $\gamma$ -ethylamino-L-glutamine, natural L-theanine, and a mixture thereof.

Claim 25. (Withdrawn) A method according to claim 24 wherein the L-theanine is enzymatically recovered.

Claim 26. (Withdrawn) Method for acceleration of a physiological recovery process of a body of a user under extreme physical stress after a physical exertion comprising:  
providing an ingestible product including at least 50 mg of L-theanine; and  
upon completion of the physical exertion introducing into the user having experienced the physical exertion the ingestible product.

Claim 27. (Withdrawn-Currently Amended) Method of claim [[1]] 26, wherein the physical exertion is up to near maximum functional capacity and the quantity of L-theanine is not greater than 200 mg.

Claim 28. (Withdrawn-Currently Amended) Method of claim [[1]] 26, wherein the ingestible product is in the form of a foodstuff with L-theanine as an additive.

Claim 29. (Withdrawn-Currently Amended) Method of claim [[4]] 28, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.

Claim 30. (Withdrawn-Currently Amended) Method of claim [[1]] 26, wherein the ingestible product is in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.

Claim 31. (Withdrawn-Currently Amended) Method of claim [[1]] 26, wherein the L-theanine is selected from the group consisting of an enzymatically recovered  $\gamma$ -ethylamino-L-glutamine, natural L-theanine and mixtures thereof.

Claim 32. (Withdrawn-Currently Amended) Method of claim [[1]] 26, wherein the physiological recovery process is central nervous system activity, stress hormone levels, circulatory behaviour, heart rate, blood pressure, brain wave activity, or electrodermal stress reaction.